

Abstract

Title:

Outdoor gyms in the Sarka Valley, Prague 6

Objectives:

This dissertation sets out to assess a proposal for the possible implementation of outdoor gyms in the Sarka Valley, Prague 6 including a brief demonstration of its use.

Methods:

Field surveys in the area. Analysis of current situation and determine the nature park parameters for the design of multifunctional playground.

Results:

The final proposal of a outdoor gym is divided into three comprehensive parts to reflect the needs of athletes, children, depending on their specialization and different ages.

The first part of the multifunctional playground parkour is designed for ages 10 years plus. It is the ability of overcoming the obstacles, in which the use of natural movements such as running, jumping and climbing. The second part of the Street workout or "gym" for the age group from 12 years. This is used for fitness development on traditional tools such as, parallel bars, horizontal bar, rings, and hayrack sloping platforms. The third part is a playground designed for children aged 3 years. Here are the elements for climbing over, toadying, climbing, climbing and jumping. Strengthens their physical fitness, willingness and confidence.

In this combination, all age categories could be involved and it is creating the modern multifunctional playground.

By combining these parts, we create a modern multifunctional playground in the open air.

Key words:

Outdoor gym, exercise history, parkour, strength training, parkour playground, street workout, exercising outdoors, movement.